



The Wiley Handbook of Positive Clinical Psychology: An Integrative Approach to Studying and Improving Well-being

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- The first handbook on positive clinical psychology, a revolutionary approach that places equal importance on the positive and negative aspects of mental health and well-being
- Brings together new work from authorities in positive psychology and clinical psychology to offer an integrated examination of well-being as it relates to personality, psychopathology, psychological treatments, and more
- Discusses theory, research, and practice across a broad range of topics such as optimism, positive affect, well-being therapy, childhood well-being, evolutionary perspectives, and clinical implementation
- Contains essential information for researchers, instructors and practitioners in clinical psychology, positive psychology, mental health, and well-being in general

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